

Sunday

Vegetable Meatloaf with Balsamic Glaze
Backyard Corn Salad (6 servings)
Milk, fluid, nonfat, calcium fortified (fat free or skim)
Apples, raw, golden delicious, with skin

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
Calories	628.45
Calories From Fat (26%)	164.3
% Daily Value	
Total Fat 18.53g	29%
Saturated Fat 6g	30%
Cholesterol 106.55mg	36%
Sodium 1094.26mg	46%
Potassium 1655.64mg	47%
Total Carbohydrates 83.48g	28%
Fiber 11.17g	45%
Sugar 44.33g	
Protein 36.32g	73%

Vegetable Meatloaf with Balsamic Glaze

1 ½ Tbs	extra-virgin olive oil	2 tsp	finely chopped fresh thyme
1	small zucchini, finely diced	3 Tbs	chopped fresh parsley
1	red bell pepper, finely diced	1 lbs	ground turkey (93 percent lean)
1	yellow bell pepper, finely diced	¾ cup	panko (coarse Japanese breadcrumbs)
4 cloves	garlic, smashed to a paste with coarse salt	6 Tbs	freshly grated Romano or Parmesan cheese
½ tsp	red pepper flakes	9 Tbs	ketchup
	Kosher salt and freshly ground pepper	3 Tbs	plus 2 tablespoons balsamic vinegar
1	large egg, lightly beaten		

- 1 Preheat the oven to 425 degrees. Heat the oil in a large saute pan over high heat. Add the zucchini, bell peppers, garlic paste and ¼ teaspoon red pepper flakes. Season with salt and pepper and cook until the vegetables are almost soft, about 5 minutes. Set aside to cool.
- 2 Whisk the egg and fresh herbs in a large bowl. Add the turkey, panko, grated cheese, ½ cup ketchup, 2 tablespoons balsamic vinegar and the cooled vegetables; mix until just combined.
- 3 Gently press the mixture into a 9-by-5-inch loaf pan. Whisk the remaining ¼ cup ketchup, ¼ cup balsamic vinegar and ¼ teaspoon red pepper flakes in a small bowl; brush the mixture over the entire loaf. Bake for 1 to 1 ¼ hours. Let rest for 10 minutes before slicing.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (8.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	322.59
Calories From Fat (42%)	136.23
% Daily Value	
Total Fat 15.31g	24%
Saturated Fat 5.01g	25%
Cholesterol 101.61mg	34%
Sodium 571.67mg	24%
Potassium 512.52mg	15%
Total Carbohydrates 23.25g	8%
Fiber 1.9g	8%
Sugar 9.62g	
Protein 22.95g	46%

Source

Source: FoodNetwork.com

Backyard Corn Salad (6 servings)

Make this salad with fresh corn on the cob or frozen and thawed corn. Even better, remove the kernels from leftover grilled corn to make this quintessential summer picnic salad.

- 3 cups

fresh corn kernels
- 1 1/2

large tomato, cut into wedges
- 3/4 cup

sliced red onion
- 3/4 cup

chopped green bell pepper
- 6

large fresh basil leaves, cut into thin strips
- 3 Tbs

vinaigrette or Italian dressing
- 3 cups

mixed baby greens (optional)

Toss together corn, tomato, onion, bell pepper, basil and vinaigrette in a medium bowl. Spoon onto a bed of baby greens for serving.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe (7.9 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients. 2 of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.

Amount Per Serving	
Calories	123.08
Calories From Fat (18%)	21.74
% Daily Value	
Total Fat 2.52g	4%
Saturated Fat 0.7g	4%
Cholesterol 0mg	0%
Sodium 390.77mg	16%
Potassium 564.1mg	16%
Total Carbohydrates 25.27g	8%
Fiber 5.21g	21%
Sugar 5.76g	
Protein 4.5g	9%